SINKING HER TEETH INTO A BIG ROLE

SARAH GADON TALKS "DRACULA UNTOLD." PAGE 15

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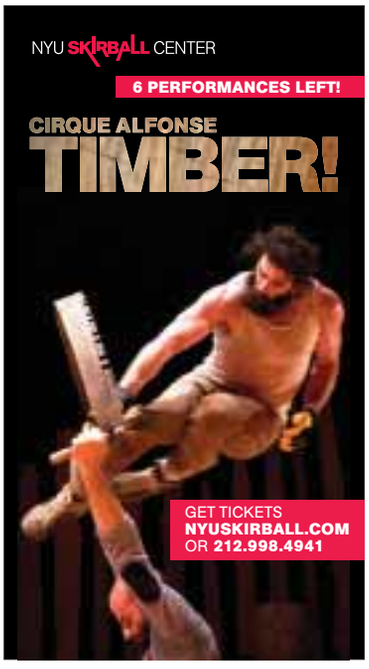
Wednesday, October 15, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork



Wi-Fi service coming to 40 more subway stations

Transportation. New York subway riders can expect wireless service to be added to 40 more subway stops in the city, including Grand Central, Herald Square, Bryant Park and 29 stops in Queens, among others, according to sources that are close to the project. PAGE 04

A subway vigilante is one of the Big Apple's frightful tales that Nightmare New York takes on in its annual haunted house. / BESS ADLER, METRO

COMMUNITY.

CITY'S GHOSTS COME TO LIFE AT HAUNTED HOUSE

PAGE 02

Queens may get its own version of High Line

PAGE 06

Kesha says producer Dr. Luke abused her

PAGE 12

Bart Scott says Geno Smith needs to grow up

PAGE 28

1 NEWS

Today's tweet

"If there's one thing I know about New York, it's that there will always be construction at 8 am outside my window when I'm trying to sleep."
@djembadjembaa

Top 3

What's trending online at Metro.us

1 'U2 finally allows you to spend money on their new album'

2 'Facebook's Mark Zuckerberg to donate $25 million to tackle Ebola'

3 'VIDEO: Harlem Globetrotters "flash mob" shocks subway commuters'

A crazed homeless man, left, the ghost of a Lenape tribe member and the mole people who live in the subway are three of the attractions at Nightmare New York. / BESS ADLER, METRO

Nightmare NY takes on city urban legends

Lower East Side. Metro's local reporter faced the haunted house that's based on NYC's scary side.

I walked into Nightmare New York confidently, curious if the actors portraying the city's most chilling characters could shake me up.

The nervous excitement was palpable entering The Clemente on the Lower East Side, the haunted house's venue and former P.S. 160, constructed in Neo-Gothic style around the turn of the century.

Surely, a ghost or two lives there the rest of the year.

The Suffolk Bar was serving cocktails as the line twisted toward the entrance, closer to the sounds of screams and flashing lights.

I had a red X painted on my forehead, giving the actors permission to touch me and give me a more intense experience. With sweaty palms, I entered.

Inside the first room, a Lenape Native American speaks in a strange language around a fire as another woman writhes on the ground.

The Lenape are believed to haunt the Dutch settlers who bought Manhattan from the indigenous people for $24. This is just one of the myths that this year's Halloween attraction is based upon.

Fright fest

The theme of this year's Nightmare New York attraction is urban legends and horror stories of the Big Apple, from the founding of the city to the present day.

- Some of the notorious local legends playing out at Nightmare New York include Cropsey, NYC's version of the boogeyman, and Typhoid Mary and her friends, who beg passersby to get them out of the hospital.
- Nightmare New York runs through Nov. 1 at The Clemente: 107 Suffolk St. between Rivington and Delancey streets.

Visit **Metro.us** to see more photos from the spooky attraction.

The stars of the show were the most recent — characters based on subway shooter Bernie Goetz, serial killer Son of Sam and the mole people (rumored to live under the city streets).

Mostly, I screamed when someone jumped from the shadows. But when I was told to face the wall and had my head bagged with a hood, I started to get disoriented. I followed a zigzag path, holding onto a rope, for what felt like minutes. When I could see again, a man dressed like he lived in the subway tunnels told me that a rat was going to eat my face off.

Perhaps the most horrifying scene followed: A homeless man stuck his hand in my face, asking me to smell it, then reached for his pants and made perverse motions — you know what I'm talking about.

After I emerged from the haunted house, I talked to John Harlacker, who has been co-directing Nightmare New York since 2008. He's seen it all: peed pants, panic attacks and meltdowns.

"I've been wanting to do this theme for a while," Harlacker, a Brooklyn native, told me. "These myths are the fabric of our city."

I left Nightmare NYC more pleased with being scared than fearing my night's sleep ahead. But as I walked across East Houston Street, my imagination went wild.

What if, on the ride home, a homeless man starts pleasuring himself? What if a subway rider is packing heat and crazy enough to shoot? What if an infectious disease sends me to an isolation chamber forever?

Crossing the street to the D train, I jumped over two used condoms next to a chunky pile of puke.

Maybe they're right. Maybe I should be more afraid of New York.

Hard time

An urban planner on New York's 'gritty' past

Nostalgia for 1970s and 1980s New York is hot now, but according to Laura Liu, who chairs the Urban Studies department at The New School, romantic longings tend to leave out the hard truth.

"I think the romanticization of those decades is related to the way the city was ... actually very gritty, disinvested, a hard place to be," Liu said. "That period of time was very hard on people of color, poor people and urban dwellers."

She said it's easy to forget more painful elements, such as hunger, the crack epidemic, widespread violent crime and heavy policing.

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A woman sends a text message while waiting in the subway. / GETTY IMAGES

Grand Central among stops to get Wi-Fi service

NYC. The MTA is adding wireless service to 40 stops in Manhattan and Queens.

City subway riders will get access to wireless service in 40 more underground stations in midtown Manhattan and Queens under a plan the Metropolitan Transportation Authority will announce this week.

The expansion will provide mobile phone and Wi-Fi service to 11 Manhattan stations, including Grand Central, Herald Square and Bryant Park, according to Graybar Services, a company providing electrical equipment for the project. The other 29 stations will be in Queens.

The MTA won't provide specific details about the expansion before an Oct. 16 announcement, said Kevin Ortiz, MTA spokesman.

The program, authorized in 2007, is entering what the MTA calls the second phase, following installations in 2011 and 2013, when Wi-Fi access spread from six underground stations to 36.

Providing wireless access will let riders make phone calls, send e-mails and stream videos, New York Gov. Andrew Cuomo said in April 2013, after the first phase. It will make it easier for people to dial 911 in an emergency, he said.

The free Wi-Fi service will be provided by Transit Wireless, said Walter Fowler, a spokesman for Sprint.

It will be sponsored by Royal Caribbean Cruises. **BLOOMBERG**

Totally wired

277

The MTA has said that by 2017 all 277 underground stations would have wireless service.

Crown Heights

Two men attack woman on Franklin Avenue

Two men reportedly robbed and beat a 21-year-old female at 2:30 a.m. Oct. 2 on Franklin Avenue.

The woman was walking home when the suspects punched her in the face multiple times and stole her cellphone and purse.

The victim received a broken nose, police said. **METRO**

NYC. Mayor and White House discuss Ebola

Mayor Bill de Blasio and Police Commissioner William Bratton on Tuesday discussed the threat posed by Ebola and the Islamic State with Lisa Monaco, a top national security aide to President Barack Obama, the White House said.

The officials' meeting at the White House focused on efforts to prepare hospitals and healthcare workers to identify and treat Ebola patients, as well as new airport screening measures at John F. Kennedy Airport, the White House said. **REUTERS**

White House / GETTY IMAGES

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New park could be High Line of Queens

Queens. The park could provide much needed green space and connect several neighborhoods.

The Trust for Public Land and Friends of the QueensWay released a study on Tuesday that calls for turning a 3.5-mile stretch of abandoned railway in Queens into a new elevated park called the QueensWay.

The park would run through Rego Park, Forest Hills, Richmond Hill and Ozone Park.

"It's like the High Line on steroids. It's twice as long and seven times the acreage," Adrian Benepe, director of city park development for the Trust for Public Land and a former New York City parks commissioner, told The New York Times.

The proposal park would cost $122 million, less than the $152 million it cost to build Sections 1 and 2 of the Highline in Manhattan.

The park would include bike and pedestrian trails as well as spaces for public art and performances. Almost 190,000 residents live within a mile of the tracks.

The Trust for Public Land is currently working with New York City to develop a plan for the park.

LUCAS VASQUEZ
@MetroNewYork
letters@metro.us

The QueensWay would open green space to a big part of Queens. / DLANDSTUDIO AND WXY

Crown Heights

Teens ransack kosher deli

Dozens of teens ransacked a kosher deli in Brooklyn on Saturday.

The teen mob stormed the Gourmet Butcher on Troy Avenue around 9 p.m. Saturday. They knocked over shelves and assaulted an employee.

Police continue to look for the suspects.

Brooklyn Borough President Eric Adams said on Tuesday that the deli's owner, Yanki Klein, claimed teens have entered the deli and used anti-Semitic language in the past. METRO

Zuccotti Park

Russell Brand speaks to Occupy

Actor Russell Brand spoke to a crowd of about 150 fans and Occupy Wall Street activists at Zuccotti Park on Tuesday to promote his new book and talk about issues such as income inequality.

"I am very grateful to the Occupy movement for their contribution to my own awakening," he said.

After speaking, he led a march to Wall Street and the steps of Federal Hall. METRO

Alicia Keys protests at Nigerian Consulate

Singer Alicia Keys joined protestors with the "Bring Back Our Girls" campaign on Tuesday at the Nigerian Consulate. The event marked the six-month anniversary of the kidnapping of over 200 Nigerian schoolgirls by militants.

GETTY IMAGES

A man wearing a hazardous material suit prepares to remove a pet dog named Bentley from the home of a nurse infected with Ebola in this handout picture released by the City of Dallas. / REUTERS

Fast-response team for US Ebola cases; Dallas nurse improves

CDC. There are 76 people still being monitored in the Dallas area.

The United States is establishing a rapid-response team to help hospitals "within hours" whenever there is a case of Ebola, the top doctor leading the response to the deadly virus said on Tuesday.

U.S. Centers for Disease Control and Prevention director Dr. Thomas Frieden, acknowledging the lapses in treatment in Dallas for a Liberian man in late September told reporters: "I wish we had put a team like this on the ground the day the first patient was diagnosed. … But we will do that from today onward with any case in the U.S."

The nurse who contracted Ebola from the Liberian patient, Thomas Eric Duncan, in a Texas hospital, said on Tuesday she was doing well.

Prospects for a quick end to the contagion fell as the World Health Organization predicted West Africa could produce as many as 10,000 new cases per week by December.

President Barack Obama, addressing defense chiefs from about 20 countries, said "the world as a whole is not doing enough" to combat the hemorrhagic fever and must stop it at its source.

The nurse, 26-year-old Vietnamese-American Nina Pham, became the first person infected by Ebola in the United States while caring for Duncan for much of his 11 days at Texas Health Presbyterian Hospital in Dallas. He died on Oct. 8.

Pham received a transfusion on Monday containing antibodies to fight the virus, according to a Roman Catholic priest in Pham's congregation. Duncan did not receive one because he did not match the donor's blood type. **REUTERS**

Quoted

"We will be there, hands on, within hours, helping hospitals with the situation if there is another case." Frieden

Dallas

Family who lived with Liberian Ebola victim showing no symptoms

The family who shared an apartment with a Liberian man who died of Ebola in Texas is showing no signs of illness, while the dog of a nurse who contracted the deadly virus is healthy and being cared for, Dallas' mayor said on Tuesday.

Thomas Eric Duncan's girlfriend, her 13-year-old son and two nephews in their 20s had been living with Duncan before he was admitted to a Dallas hospital on Sept. 28.

Rawlings said none of the other people being monitored after contact with Duncan, who died Oct. 8, have gotten sick. There is a 21-day incubation period for the virus that has killed at least 4,400 people, predominantly in West Africa.

The Ebola virus, which can cause fever, vomiting and diarrhea, spreads through contact with bodily fluids such as blood or saliva. **REUTERS**

Quoted

"So far, no signs of the virus in any of them. ... We check them twice a day, and everybody's healthy."

Dallas Mayor Mike Rawling said on CNN

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Obama and foreign military chiefs meet to discuss ISIS plans

Islamic State. The president wants to show that he is committed to a plan to "degrade" and "destroy" ISIS.

Smoke billows following an airstrike by U.S.-led coalition aircraft in Kobani, Syria. / GETTY IMAGES

President Barack Obama hashed out a strategy to counter Islamic State with military leaders from some 20 countries including Turkey and Saudi Arabia on Tuesday amid growing pressure for the U.S.-led coalition to do more to stop the militants' advance.

U.S. Central Command said the strikes on the militants' staging areas, compounds and armed vehicles were meant to hit supply lines and stop reinforcements.

Obama addressed the meeting of coalition military chiefs, led by Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, at Andrews Air Force Base outside Washington.

The meeting was "part of ongoing efforts to build the coalition and integrate the capabilities of each country into the broader strategy," said Alistair Baskey, spokesman for the White House National Security Council.

REUTERS

Airstrikes

21

As the commanders gathered, the U.S. military announced that U.S. and Saudi planes had carried out 21 airstrikes in the last two days near the contested Syrian border town of Kobani.

Border fight

US-led air strikes intensify as Syria conflict destabilizes Turkey

American-led forces sharply intensified air strikes against Islamic State fighters threatening Kurds on Syria's Turkish border on Monday and Tuesday after the jihadists' advance began to destabilize Turkey.

The coalition had conducted 21 attacks on the militants near the Syrian Kurdish town of Kobani over the past two days and appeared to have slowed Islamic State advances there, the U.S. military said, but cautioned that the situation remained fluid.

War on the militants in Syria is threatening to unravel a delicate peace in neighboring Turkey where Kurds are furious with Ankara over its refusal to help protect their kin in Syria.

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'Chrysler Building City Landscape'

Zenzile Greene-Daniel, New York City, Category: My City's Magic

Online retail

Google expands shopping delivery service in US

Google Inc. said it would expand its same-day shopping delivery service to three new U.S. cities and start charging customers for the service, which competes with Amazon.com Inc.

The Google Express service, which was earlier only available in certain parts of California and New York City, will be expanded to Boston, Chicago and Washington, D.C., Google said in a blog.

Membership for the service, which was earlier called Google Shopping Express, will cost $95 a year, or $10 a month.

Online retailer Amazon's same-day delivery service, called Prime, charges customers $99 per year after a free one-year trial. REUTERS

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Vatican. Conservative Catholics seek changes to document on family, gays

Conservative Roman Catholic prelates on Tuesday vowed to change a controversial Vatican document that held out the possibility of a major shift in the church's attitude toward homosexuals.

The document, issued on Monday, said homosexuals had "gifts and qualities to offer" and asked if Catholicism could accept gays and recognize positive aspects of same-sex couples.

In a dramatic change in tone from past condemnatory language, it said the church should challenge itself to find "a fraternal space" for homosexuals without compromising Catholic doctrine on family and matrimony.

Cardinal Raymond Burke / GETTY IMAGES

The Vatican stressed on Tuesday that the paper was still a "work in progress" and a definitive version would be issued after the meeting of some 200 bishops, known as a synod, ends on Sunday.

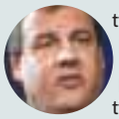
Cardinal Raymond Burke, an arch-conservative from the United States, accused liberals in the committee that prepared the text of having railroaded the assembly. He said it did not reflect a consensus position and demanded changes. REUTERS

Poll

Christie sees voter support slip to new low

New Jersey Gov. Chris Christie, a possible Republican presidential contender for 2016, has seen his favorability drop to its lowest level recorded as voters worry about taxes, the economy, jobs and corruption, according to a poll released on Tuesday.

The Rutgers-Eagleton poll of 842 New Jersey residents showed that 42 percent of registered voters feel favorable toward Christie while 45 percent feel unfavorable. For the first time since August 2011, more voters in the state have an unfavorable impression of him than a favorable one, the poll said. REUTERS



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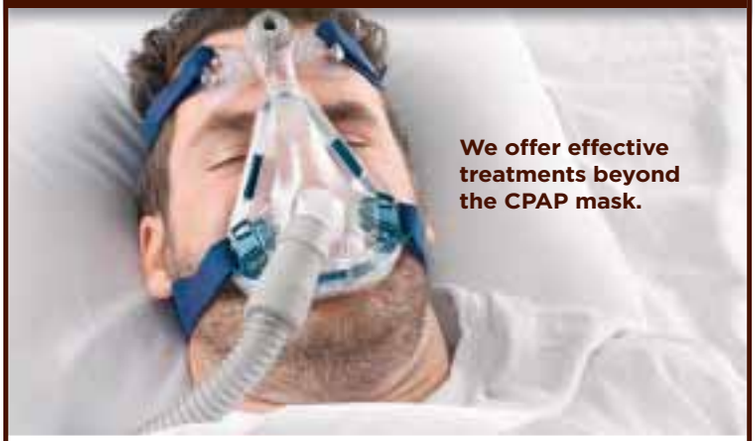

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Sentencing

Prison would 'break' Pistorius

South African athlete Oscar Pistorius would be "broken as a person" if he were jailed for killing his girlfriend because of his disability and psychological problems, a defense witness at his sentencing hearing said on Tuesday.

The 27-year-old Paralympic and Olympic athlete, whose lower legs were amputated as a baby, was convicted of culpable homicide last month for shooting dead his girlfriend, law graduate and model Reeva Steenkamp, 29, on Valentine's Day 2013.

Probation officer Annette Vergeer, who was paid by the defense to produce her report, said South African prisons were not conducive to the disabled and Pistorius would be vulnerable to violence and highly stressful situations.

"It will not assist him but break him as a person. The death of the deceased and the period since have been a far bigger punishment than incarceration," Vergeer told the court.

REUTERS

Back in action? North Korea leader reappears, with cane

North Korean leader Kim Jong Un, shown using a cane for support, reappeared in state media on Tuesday after a lengthy public absence that had fueled speculation over his health and grip on power in the secretive, nuclear-capable country.

Several pictures on the front page of the Rodong Sinmun newspaper showed Kim smiling and gesturing on a visit to a housing development, although there was no indication which day the event took place. He was surrounded by aides and wearing his signature dark buttoned suit, and he appeared to be supporting himself with a black walking stick.

There have been no official reports on the 31-year-old Kim appearing in public since he attended a concert with his wife on Sept. 3. He missed an important political anniversary on Oct. 10, as well as a recent session of the North Korea's parliament.

REUTERS

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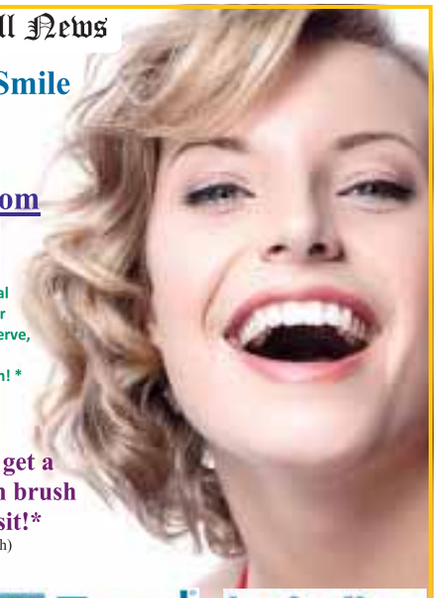

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Twitter feed

Today, Miley Cyrus is getting in touch with some musical roots, Neil Patrick Harris has a lot of reasons to celebrate and Ben Schwartz feels your pain.

@MileyCyrus: I don't know how I lived without Skeeter Davis for so long.

@ActuallyNPH: Yesterday I celebrated the birth of my twins. Tomorrow I celebrate the birth of my book. I hope the book poops less.

@rejectedjokes: If you are color blind, Twister is a mother f---ing free for all.

Kesha and Dr. Luke sue each other

Dr. Luke and Kesha are pictured here together in 2011.

Singer Kesha has filed a disturbingly detailed lawsuit against producer Dr. Luke (real name Lukasz Gottwald) alleging more than a decade of sexual and emotional abuse, according to court documents obtained by TMZ. The recently rehabbed singer claims that the abuse started almost immediately after she signed on with Dr. Luke when she was 18 years old, with him making "repeated sexual advances" and forcing her to imbibe drugs and alcohol. In a particularly startling incident detailed in the suit, Kesha says that after being forced to drink with him, she woke up the following afternoon naked in his bed feeling sick and sore with no memory of how she got there. She also blames Dr. Luke for the eating disorder that landed her in treatment, claiming he told her, "You are not that pretty, you are not that talented, you are just lucky to have me."

So how did Dr. Luke respond? With a lawsuit of his own, of course. Just hours after Kesha's suit was filed, the producer shot back with a suit insisting Kesha's claims are lies manufactured in an attempt to get out of her contract. He also says the singer previously tried to extort him.

Penelope Cruz is the Sexiest Woman Alive

Esquire magazine has declared Penelope Cruz the Sexiest Woman Alive. Chris Jones penned an accompanying profile on Cruz that suggests he was the sole judge on the committee. "She is impossibly beautiful. When she walks into a room, men start walking into furniture. Up close, however, she becomes almost hard to look at, like staring into the most unflattering mirror," Jones writes. "Her face contains no secrets, at least not about her. But her face tells you and the room plenty about you. If you want to feel like the world's most judged man, sit down at a table in a restaurant with the Sexiest Woman Alive." You know what? I'll take your word for it.

A PANEL OF CHRIS JONES DECIDED PENELOPE CRUZ DOES LOOK GREAT.

THE WORD

Ned Ehrbar takes on the world of gossip.

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Alamuddin takes Clooney's name, doesn't consult us

Amal Alamuddin is returning to work after her honeymoon with her husband's last name — at least, according to her law firm's website. It's unclear whether she'll be going by Amal Alamuddin Clooney or just Amal Clooney. If it were up to me — and the fact that she hasn't asked me about it is a teensy bit insulting — I'd go for the longer version. It has a nicer rhythm to it.

Meet the Clooneys: Amal and George. / ALL PHOTOS GETTY IMAGES

LaBeouf explains why he thought life was a 'Cabaret,' chum

Shia LaBeouf finally tells his side of the story about his arrest during a performance of "Cabaret" in June! The "Fury" star went into great detail about the ordeal during a visit to "Jimmy Kimmel Live." It turns out that while drunk on whiskey after watching a World Cup match, LaBeouf was given a ticket to the show, starring Alan Cumming and Michelle Williams. And it was all downhill from there, thanks in large part to a very seductive Cumming. "I give him a slap on the ass because I think he deserves it. He's seducing me. I mean, he's the sexiest man I've ever seen." And if you think that's good, you should hear how he describes jail.

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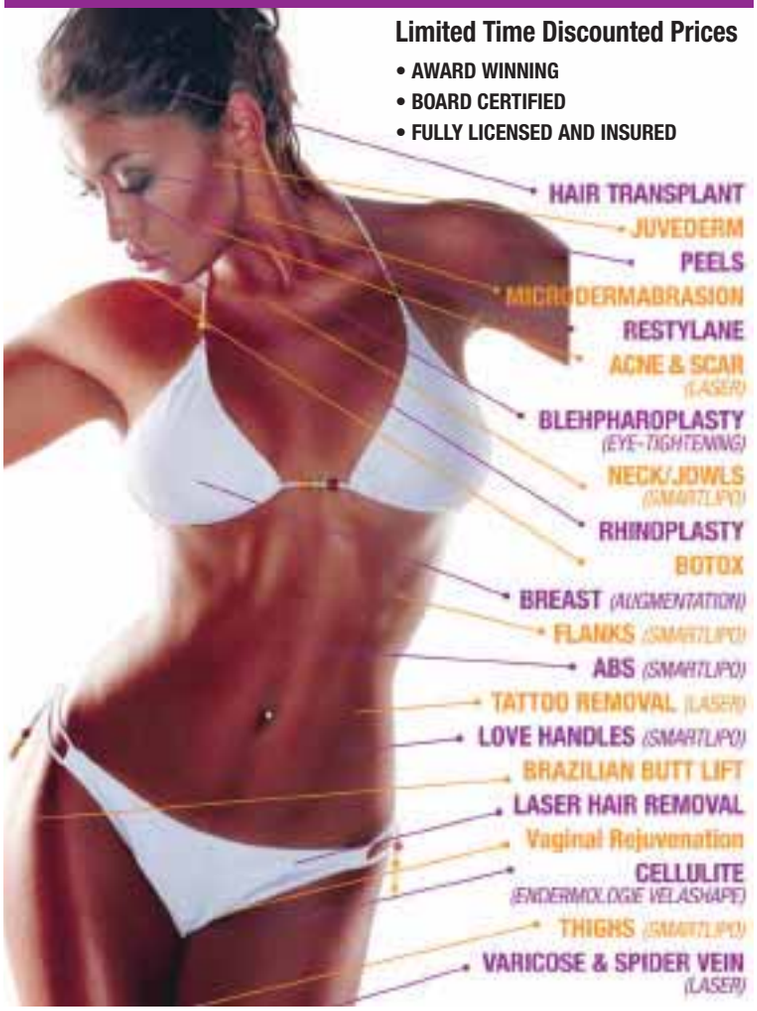

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Try my favorite fall treat, pumpkin pasta

My favorite gourd, the pumpkin, is back in season. It's often added to menus through fall, so I always call ahead to make sure that a pumpkin item exists before I visit a new place. Pasta is one of my favorite pumpkin foods, and these places do the dish right.

Cask Bar & Kitchen

167 E. 33rd St. Lamb shank with pumpkin gnocchi ($24) is the star of their menu. The pasta floats in a perfectly complimentary rosemary red wine sauce. Cask also has a dozen craft beers on tap and one or two cask selections. During the week from 4-8 p.m. you'll find $5 beer and $6 wine specials.

In Vino

215 E. Fourth St. Another tasty dish is the Ravioli di Zucca ($19). The sage adds a nice twist and really helps the pumpkin flavor come alive. In Vino is a small brick-lined Italian restaurant that would be perfect for a date night or low-key dinner with a few friends, with an extensive Italian wine list that starts at $40. Try the Polpette al Nonna for $12 as a starter.

Bocca di Bacco

1496 Second Ave. I love ravioli, and Bocca delivers with Ravioli di Zucca e Amaretti ($16), a pumpkin-ricotta dish with brown butter sauce and topped with ground cookies that give the dish just a touch of sweetness and crunch. It's magical. There are other Bocca locations that sometimes offer pumpkin pasta specials like ravioli, gnocchi and cannelloni, but the East Side location always has them.

For exclusive commentary, visit Metro.us/blogs.

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MONICA DINATALE

Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC available in paperback and e-book.

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Sweetgreen

Fall into a seasonal salad

Calling Sweetgreen a salad chain undersells the variety and creativity of what they put over their roughage. The first rule of Sweetgreen: There's practically nothing that can't go in a salad — as long as it's in season.

The new fall menu just arrived at its 27 locations (with two more planed for NYC before the end of the year), with three seasonal salads, grain bowls that incorporate quinoa, farro and wild rice, as well as soups. The ingredients remain driven by the quick-service restaurant's organic and local ethos.

We rounded up our favorites from a recent tasting dinner at Brooklyn Grange's rooftop organic farm in Long Island City. **EVA KIS**

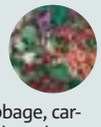
Apples, Pears + Organic Cheddar Salad

Pumpkins may be the flavor in everyone's coffee, but fall's table belongs to the apple. With mesclun, kale, basil, candied pecans and balsamic vinaigrette.

Curry Cauliflower + Quinoa Bowl

Keep your energy up with this protein-packed salad made with farro, quinoa, arugula, roasted cauliflower, cilantro, dried cranberries, roasted chicken, sriracha and cucumber tahini yogurt.

Wild Child



A worthy replacement for Misoba, with wild rice, baby spinach, cilantro, peppers, raw beets, shredded cabbage, carrots, raw seeds and avocado with a miso sesame ginger dressing.

The breakthrough: Sarah Gadon

Introductions. The Canadian character actress gets her first big role in a big movie with "Dracula Untold."

On which "Dracula" she loves the most: "I grew up with 'Bram Stoker's Dracula,' the Coppola version," Gadon says, pointing out that "Untold" essentially stretches out its first 10 minutes to feature length. She was also a total "Buffy the Vampire Slayer" fan growing up.

On what "Untold" does to the series: "Each version of the story speaks to its specific time. Our film is no exception. It's taking the Dracula story and putting a contemporary Hollywood stamp on it. It's using every special effect in modern technical filmmaking to add this visual element."

On graduating to giant productions after smaller films: "I thought it was going to be hugely different, but at the end of the day, it was like any film I'd ever done. You find a connection with another actor and everything in the background just fades away."

ACTRESS SARAH GADON STARS IN "DRACULA UNTOLD," IN THEATERS NOW.
GETTY IMAGES

The details

Sarah Gadon

Where you've seen her: She's appeared in three consecutive David Cronenberg films, including "Cosmopolis," in which she plays Robert Pattinson's wife of 22 days, as well as his film "Maps to the Stars." Gadon also played the pregnant wife of Jake Gyllenhaal in "Enemy," and played the half-sister in "Belle."

Where she is now: She plays the goodly wife of Vlad III Tepes, aka Vlad the Impaler, in the origin story/reboot "Dracula Untold."

Where she's going: She'll be a young Princess Elizabeth in "Girls' Night Out" and appear in the thriller "The 9th Life of Louis Drax," with Aaron Paul — both due next year.

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The Weekly Yelp. Epic kale!

Kale: The word alone probably evokes images of tight jeans, Warby Parker frames and fixed-gear bicycles, but despite its correlation to our current state of food hipsterdom, kale has always been one of nature's finest super foods. Now more ubiquitous on menus around Manhattan than ever, let's take a glimpse at some of the borough's finest stops for bitter greens.

Dimes

143 Division St., Lower East Side
This place loves kale, which is cool because kale is awesome. But seriously, all of the salads are kale-based. I had the kale, gooseberry and feta salad. It was bright, delicious and very refreshing. **AMIRA S.**

Northern Spy Food

511 E. 12th St., Alphabet City
Oh, hail to the kale salad! Leafy kale strips tossed in with toasted almonds and slivers of butternut squash and topped with bits of pecorino and cheddar cheese was the perfect mix of sweet, savory, soft and crunchy. **OLIVIA S.**

Whitman's

406 E. Ninth St., East Village
The crack kale is deep-fried kale and it has an impossibly crisp texture with a nice oily/salty flavor. Definitely worth getting. **JAE C.**

Gato

324 Lafayette St., Noho
Kale and wild mushroom paella — perfectly executed with a beautiful socarrat that is dug up from the bottom of the pan and mixed in for you by the server. The crispy artichokes and over easy egg on top were great additions that accentuated the dish. **NAMEETA K.**

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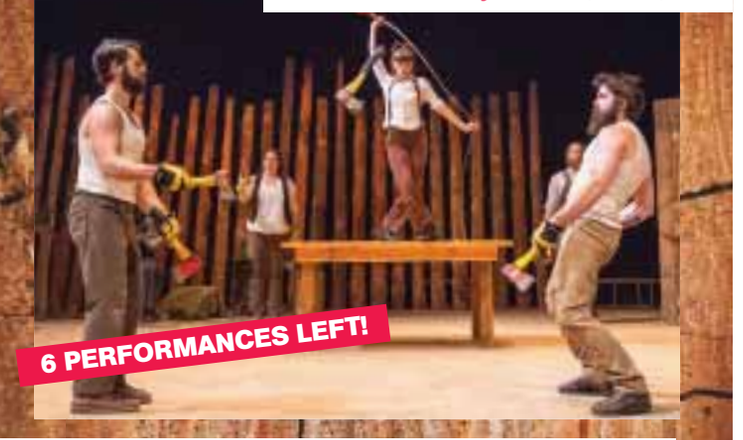

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The Orwells are getting pretty wise

Live tonight. On their second album, this Chicago band is embracing both their maturity and their immaturity.

The Orwells play tonight at 7 at Irving Plaza (17 Irving Place). Get there on time to check out opening act, Skaters, whose most recent album, "Manhattan," is all about this city. Visit www.irvingplaza.com for more information. / PAT HEALY

Fans of The Orwells are either a lot older or a lot younger than the band.

"It's basically like 12-year-olds and 30-year-olds," says singer Mario Cuomo.

The essence of The Orwells can be found in this sort of duality. They attract little kids and they attract older dudes. A line on the opening song of their latest album, "Disgraceland," puts it succinctly: "I'm not that old, but I'm getting pretty wise." The young kids seek the band's wisdom and the older fans find something in the band's boundless youthful energy. The Chicago five-piece, which includes two cousins and a pair of twins, have been at it since high school (which was only a few years ago for them). At the time of this interview, none of the band members are of legal drinking age, yet they all appear hungover. They play punk rock, but unlike punk rockers of prior generations, they have no gripes with jocks or sports. Cuomo often wears the jerseys of professional teams onstage, and they all ran cross-country together in high school.

"My senior year I did a 6:45- mile," says drummer Henry Brimmer. It sounds a little bit like he's bragging. "I bet you I'd do like a 7:30- or an 8-minute mile, but I'd probably die after."

"I'd probably be throwing up cigarettes," offers guitarist Matt O'Keefe, between drags.

"The best workout is probably sex," offers Cuomo. He says this with a goofy grin, but he seems sincere. Is he serious?

"There's some van-rocking here and there," he says.

Talk turns to pickup lines and the assistance of technology to hook up. Do they use Tinder?

"Hell, no," says Cuomo. "My Tinder is me just walking around after shows, 'Did you see me up there? Cuz I saw you down there!'"

The band also get a good workout onstage. Cuomo has a menacing stage persona; he'll climb whatever is climbable, he's prone to smash equipment and throw beer and/or himself into the audience.

"Offstage, he's a little more chill," says O'Keefe.

"He's not quite as Satanic," offers guitarist Dominic Corso.

PAT HEALY
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'Late Show' encores

'Some good TV'

Though "Disgraceland" came out in June, back in January The Orwells played "Who Needs You" — one of the album's standout tracks — on "The Late Show with David Letterman." The host was so moved that he called for an encore, but the band froze. Paul Shaffer and his band picked up the slack, and Shaffer even writhed around on the floor, an homage to Cuomo. What was going through Cuomo's mind?

"Just, 'What the f— is going on?'" he recalls. "But nonetheless it was some good TV."

When the band were invited back to the show in June, they were prepared for an encore and they played "Who Needs You," with Cuomo and Shaffer trading vocals.

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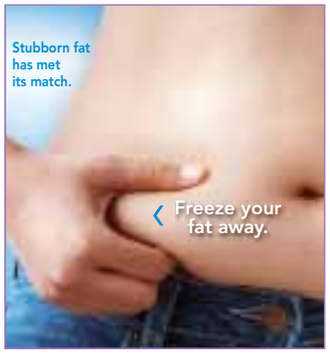

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Brooklyn sales prices hit record

Real estate.
The median value of transactions is 8.8 percent higher in the third quarter than before the financial crisis.

A unit at 1 Main St. in Dumbo is on the market for $18 million. / THEREALDEAL

Brooklyn sales prices have been rising for two straight years, topping pre-recession highs.

The borough's median sales price increased 4 percent to a record $587,515 during the third quarter, according to Douglas Elliman's quarterly sales report. That's 8.8 percent higher than the pre-financial crisis high of $540,000 in the third quarter of 2007.

"There has been a dynamic shift in the way buyers, and renters for that matter, view Brooklyn," said Yuval Greenblatt, an executive vice president at Elliman.

Although certain submarkets in Manhattan have surpassed pre-recession levels, the borough as a whole has not. By contrast, he said, strong demand and some new inventory in Brooklyn have driven up prices.

Yuval noted that the listing discount in Brooklyn during the third quarter was minus-0.7 percent, meaning buyers were paying over the asking price. Luxury median sales price increased 5.3 percent to nearly $2.1 million.

In its own third-quarter report for the Brooklyn market, the Corcoran Group said the average new development price rose 20 percent to $960 per square foot, a six-year high. Resale prices also rose, up 18 percent to $758 per square foot.

Low inventory is driving both trends, said Frank Percesepe of Corcoran's Brooklyn office. "It's supply and demand. There's a huge demand and very little supply," he said. "When those apartments hit the market, they've been able to achieve very high prices." **E.B. SOLOMONT**

By the numbers

4%
Increase in the borough's median sales price during the quarter, which now stands at $587,515

$2.1M
The luxury median sales price during the third quarter, an increase of 5.3 percent

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In a similar vein, the Queens sales market grew during the third quarter, according to the Elliman report, with the median sales price climbing 6.2 percent to $395,000. Although the volume of sales declined nearly 20 percent, the average sales price rose 3.7 percent to $462,999 as luxury prices outpaced the rest of the market.

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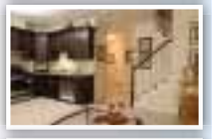
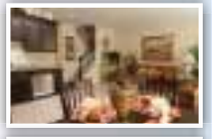
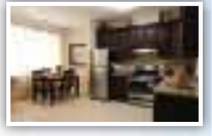

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NYC's new hybrid wave

Real estate. Condo-rental hybrids come back in vogue after dying down post-recession.

In the annals of New York City real estate, the residential development at 400 Park Avenue South is something of an anomaly.

The 40-story building is part rental, part condo, with two developers sharing a general contractor and little else. At the base, Sam Zell's Equity Residential is installing 269 rental units that will occupy floors two through 22. At the top, Toll Brothers City Living is building 81 condos on floors 22 to 40.

"It's almost as if we're developing two separate buildings within the same shell," says Todd Dumaresq, marketing manager for Toll Brothers City Living, which is reportedly spending $155 million for its part of the building, compared with Equity's $251.9 million.

While hybrid projects have been around for more than a decade, and became especially popular in the wake of the 2008 financial crisis when the sales market was weak, they are now back in vogue — but for different reasons.

Today, the sales market is strong, yet rising land prices have diminished the viability of rental projects in Manhattan. At the same time, developers and lenders are looking for ways to mitigate risk for fear of a

On the market

Upcoming projects

Recently launched hybrid projects, as well as those in the pipeline, include Stahl Organization's 388 Bridge in Downtown Brooklyn, with 234 rentals and 144 condos, and 250 E. 57th St., where World Wide Group is planning 93 condos and Rose Associates is developing 173 rentals. Rose is also developing 70 Pine St., which will have 612 rental units and 165 extended-stay suites.

Quoted

"I believe we will see more down the road as larger developments are built, primarily in Brooklyn."

Stephen Kliegerman
president of Halstead Property Development Marketing

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At 250 E. 57th St., World Wide Ground is planning 93 condos and Rose Associates is developing 173 rentals. / PROVIDED

market bubble, particularly as lenders shy away from underwriting large condo projects.

Two-in-one projects like 400 Park Avenue South, where two developers are joining forces, are also new.

Sources said developers increasingly are considering the hybrid model for future projects as well, because rental units can generate immediate cash flow, and condos — typically on higher floors — can be sold at a premium.

"I believe we will see more down the road as larger developments are built, primarily in Brooklyn," says Stephen Kliegerman, president of Halstead Property Development Marketing. "When you have that many units, it makes sense to mix it up, so you don't introduce so many units to the marketplace that you actually diminish the value of your units." **E.B. SOLOMONT**

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

At 400 Park Avenue South, Toll Brothers is building 81 condos and Equity Residential is building 269 rentals. / NEOSCAPE

How it works

The amenity balance

In rental-condo buildings, the big question is often what access tenants have to the building's amenities.

For example, 388 Bridge has one entrance and one elevator bank. Amenities are shared, though some — such as a 24-hour concierge and an attended parking garage — are exclusive to condo owners.

Although tensions over separate amenities has yet to reach the level of acrimony of so-called "poor doors" (or separate entrances for affordable-housing residents), Douglas Wagner of Bond New York Properties said that differing levels of amenities can "create an imbalance."

"But I think there's a market for it as long as the developer is sensitive to providing amenities for the renters and owners, even if they're separate," Wagner says.

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Meet your new bible for decor

Design. Erin Gates' new design book does more than sit pretty on your coffee table.

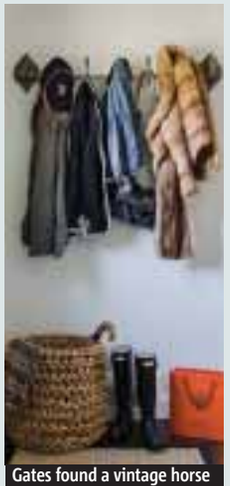
Flip through the pages of interior designer Erin Gates' fun and informative new book "Elements of Style: Designing a Home and Life" and you'll feel like you're stepping into her new house. Gates, 32, created the decorating tome while moving from her hip (yet overpriced) Boston rental to owning a grown-up home in the suburbs. She documents the process and offers plenty of design advice — like what's on her popular blog — in this chic addition to your coffee table.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Must-have

Create an entryway

"First figure our what you need from the space," advises Gates. "Is it that you need a place to drop keys and mail? Then find a tiny console, find a basket." The key to decorating this tiny, but essential, nook in your home is finding things that are attractive — but also functional. "It can't be just pretty and it can't be just functional, cause then you're kinda depressed when you come home," says Gates. She recommends searching Etsy and eBay for items like statement- making hooks.



Gates found a vintage horse head rack for her entryway.
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"IF YOU HAVE A SMALL RUG THAT YOU LOVE, LAYER IT OVER A JUTE RUG," SAYS GATES. THIS HELPS WITH MOROCCAN AND ORIENTAL RUGS, WHICH ARE EXPENSIVE.

Go for a full-size sofa says Gates. Friends and pets will thank you. / PROVIDED

Small space tips

Live large

"Lots of tiny furniture can make a space feel super crowded," says Gates. She recommends decorating with a few larger pieces like a regular sofa instead of a love seat or a full-size armchair instead of something dainty.

Mirrors are your best friend

"Mirrors add light and are a great way to trick the eye," says Gates, who recently used them to brighten up her dark dining room. "I got three paneled French-style mirrors and positioned them on the wall across from the window," she explains. "So it now looks like I have two windows."

(Rug) size matters

Nothing makes a room look smaller than the "dreaded rug island" says Gates. "That's when people place a tiny rug under their coffee table and no furniture touches it." For small spaces, the designer recommends getting the biggest rug possible. As a general rule, she says to go for a rug that comes within five inches of the edge of the wall on each side.

"It makes a room seem bigger, because your eye gets tricked with this nice wide expanse of material."

Mirrored furniture is another great option for small spaces. /PROVIDED

Visit **Metro.us** for Gates' tips on hosting a party in cramped quarters.

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Beauty

If eight hours of sleep is a joke

There are times when exhaustion is unavoidable: crazy work deadlines, red-eye flights and sick babies. And sadly, it shows. For days after, your skin is a mess. It's dull, dry and a depressing sidewalk-gray hue.

Enter La Mer's Intensive Revitalizing Mask. The eight-minute treatment—packed with moisture-rich goodness like the brand's secret Miracle Broth (a blend of antioxidants and marine ingredients) along with free-radical-fighting Lime Tea Concentrate and Glacial kelp — instantly perks up your tired complexion. Your skin will glow like you've just returned from a weekend jaunt to Big Sur rather than a torturous Swedish-Fish-fueled all-nighter.

$160, CREME DELAMER.COM

And the process is simple. Apply the soothing grapefruit and mint scented mask in circular strokes, and after eight minutes, wipe up any excess with a tissue. Then face the world like the past few days were, you know, no big thang. TC

Shop

Comfy and stylin'

Who says stylish shoes have to hurt? Sure, sneakers and slip-ons are having a moment — even making their way on the runway at shows like Dior and Chanel's Spring 2014 haute couture outings. But now brands typically known for their comfort — not fashion-forward aesthetic— are stepping up their style game. Here are two we can't wait to rock. TC

AEROSOLES SALTWATER LEOPARD SNEAKERS, $69, AEROSOLES.COM

NATURALIZER BROMSTAD TANYA BOOT $159.90, NATURALIZER.COM

Fall wish list: Camel coat

With so many great coat options for fall, it's hard to choose. But the one style we can't get past is the classic camel coat. There's something about this sleek topper that adds instant sophistication and elegance to any ensemble — and it looks equally chic on just about any complexion. If you haven't gotten your outerwear sorted, start here. TINA CHADHA

1
ASOS coat in relaxed oversized fit
$170.55, ASOS.com

2
A.P.C. Chesterfield coat
$575, USOnline.apc.fr

3
AX Armani Exchange wool cocoon coat
$298, Armani Exchange.com

4
Max Mara Manuela camel coat
$2,590, MaxMara.com

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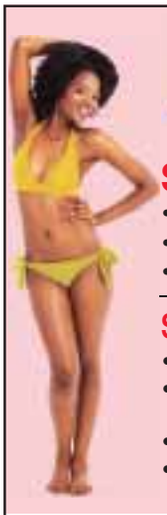
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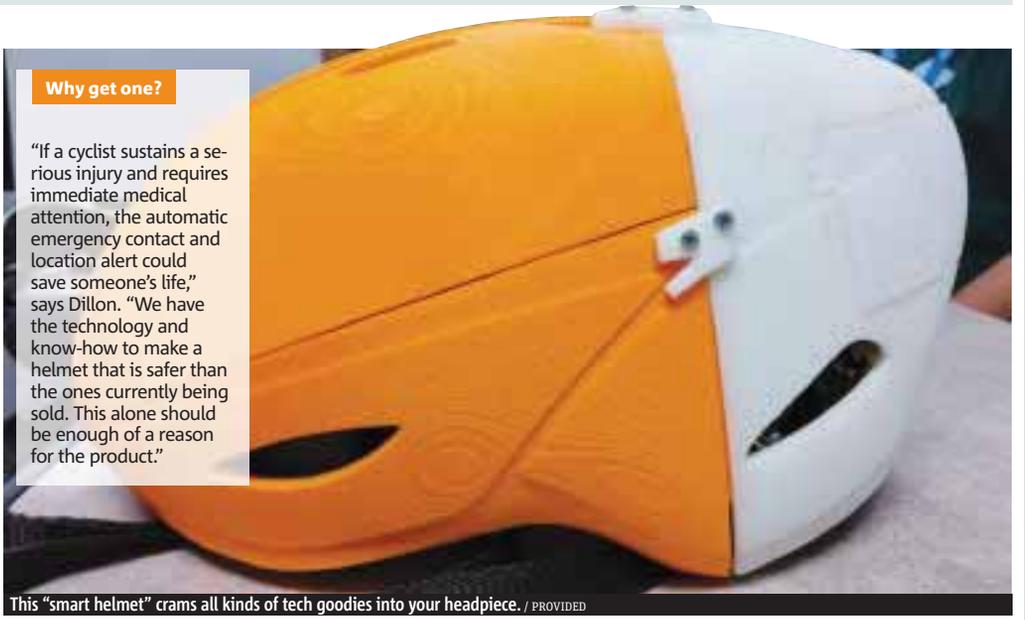

Why get one?

"If a cyclist sustains a serious injury and requires immediate medical attention, the automatic emergency contact and location alert could save someone's life," says Dillon. "We have the technology and know-how to make a helmet that is safer than the ones currently being sold. This alone should be enough of a reason for the product."

This "smart helmet" crams all kinds of tech goodies into your headpiece. / PROVIDED

Biking just got (a touch) safer

Cycling. A new "smart helmet" turns the protective gear atop your head into a gizmo.

Black box recorders are no longer just for airplanes; the smart technology is now built into headgear for cyclists. The "smart helmet," made by a team of students at Oregon State University, in partnership with Intel, includes an LED headlamp and a microphone and above-the-ear speakers to make and receive hands-free calls. The helmet can also sync with a smartphone app and register data such as distance, speed and route.

We talked to Kyle Dillon, a senior member of the research team, about why we should be biking with this safety product.

Where did you get the idea for the 'smart helmet'?
The idea began with our industry advisor at Intel and his children, because they sometimes experience bicycle crashes. He wished there was a way to retrieve information from the crash, so that he could better understand what had actually happened to his kids. From this sprouted the concept of the "black box," where the crash could essentially be "replayed" after the event.

What's the battery life?
Our calculations find that the helmet should last for about 24 hours with the headlamp off, and about eight hours with the headlamp on.

The helmet has speakers so the rider can listen to music, but isn't this a little dangerous?
The speakers are mounted inside the helmet, above the ear of the wearer and not over or in the ear. Compared to standard earbuds or over-ear headphones, this is a huge improvement that allows users to still clearly hear external sounds, even at maximum volume.

WANISE MARTINEZ, MWN
@metronewyork
letters@metro.us

Does the technology inside the helmet make it cumbersome?

To ensure that the electronics could be encapsulated inside the helmet, we custom designed and 3-D-printed the exterior of the helmet. Because the 3-D-print material is plastic, the helmet is slightly heavier than a regular helmet.

Check out the inside of this "smart helmet." / ALL PHOTOS PROVIDED

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Feast on fat

Nutrition. It's no longer the F-word of the food world — if you're eating the right things.

Disgraced for decades, fat's reputation is being redeemed one study at a time. Last week, a study published by the University of Illinois highlighted the healing power of oleate, a fatty acid found in olive oil, to reverse heart failure. But the heart isn't the only organ benefiting from oleate's superpower. "Fats are important for hormone production, vitamin D synthesis, organ protection and nerve and brain health," explains nutritionist Dr. Joshi, the London-based health expert who counts the likes of Gwyneth Paltrow among his clients. Make sure you get vital fats by including these five foods in your diet.

ELODIE NOEL, MWN
@metronewyork
letters@metro.us

Fatty fish

The American Heart Association recommends eating fish, particularly fatty fish such as salmon, mackerel and sardines at least twice a week. This meat is rich in high-quality proteins and omega-3 fatty acids, which have proved to be excellent for the brain and the prevention of cardiovascular diseases.

Nut butters

Here's some good news: Peanut butter doesn't have to be bad for you. Joshi suggests introducing some natural nut butter into your diet, such as those made with peanuts or almonds. Go for the raw organic version that's unsalted and unsweetened to get the good fatty acids without all the other junk added to many brands.

Eggs

Common misconceptions about cholesterol have led many people to eat fewer eggs. While they do contain a lot of cholesterol, for most people only a small amount will pass into the bloodstream. On the plus side, one egg contains 6 grams of protein and healthy unsaturated fat, in addition to memory-boosting choline and zeaxanthin, which can help prevent vision loss. The Harvard Heart Letter says eating one egg a day is fine — just watch your saturated and trans fat intake.

Avocado

The green fruit is indeed full of fat, but the monounsaturated, heart-healthy kind that lowers bad cholesterol, with half of the total fat provided in the form of oleic acid, which is the same fatty acid praised in olive oil. It's a good source of vitamins A, B-complex, C, E and K and rich in minerals such as phosphorous, potassium, magnesium, copper, zinc, iron and manganese. The trendy way to eat it is on your morning toast.

Seeds and nuts

Flaxseed, sesame, pumpkin, poppy, almonds, hazelnuts, chestnuts and pine nuts are full of healthy nutrients and are really easy to add to your meals. In the morning, put five almonds and a teaspoon of flaxseed in your cereal or oatmeal. The protein will keep you fuller for longer, and you'll also be getting a good portion of omega-3s (as well as vitamin E, calcium, magnesium, manganese and fiber).

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Study. To keep weight off, get plastic surgery

Bariatric surgery can be a lifesaving procedure for severely obese people. But even when done for health reasons, the incidence of regaining weight remains high — unless the patient also undergoes cosmetic surgery, a new study has found.

"Bariatric surgery has a measurably significant positive impact on patient illness and death," lead author Dr. Donna Tepper said in a statement. "However, even with the technical and safety advancements we've seen in these procedures, their long-term success may still be limited by recidivism."

The Henry Ford Health System in Detroit followed 94 patients who had undergone bariatric surgery, which includes various procedures that restrict how much food the stomach can hold, at its facilities between 2003 and 2013.

Of those patients, 47 opted to also undergo body recontouring, which removes excess skin and tissue from the face, breasts, stomach, upper arms, thighs or buttocks, following their surgery.

These patients were able to maintain "significantly greater" weight loss, with an average decrease in Body Mass Index of 18.24 over two-and-a-half years, compared to 12.45 for those who did not have further surgery, according to Tepper.

"We are encouraged by the idea that improved body image can translate into better long-term maintenance of a healthier weight," Tepper said.

EVA KIS

GETTY IMAGES

An urban 'farm' in Rockefeller Center

Cranberries get their chance to shine this time of year, but they're a year-round superfruit with vitamin C, fiber and packed with immune-boosting antioxidants — more than any other fruit (and vegetable) except blueberries. This Thursday and Friday, get up close with growers in a 1,500-square-foot cranberry bog in Rockefeller Center from 10 a.m. to 4 p.m. and grab a sample of Ocean Spray's new PACt cranberry-flavored water. EVA KIS

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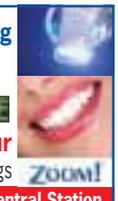

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- My toes aren't straight– they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when Istep out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
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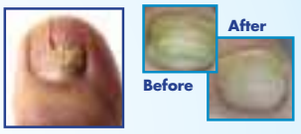

New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

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Horoscope

♎ Libra | Sept. 23-Oct. 22. You'll have problems with loved ones today. Avoid long, involved discussions. Get involved in projects that you can do alone.

♏ Scorpio | Oct. 23-Nov. 21. Put your needs first. Your creativity will be stifled if you are constantly on the run, taking care of others' responsibilities.

♐ Sagittarius | Nov. 22-Dec. 21. Check out a long-term investment. If you are working hard just to make ends meet, revamp your budget. Talk to a financial adviser.

♑ Capricorn | Dec. 22-Jan. 20. Have a chat with someone causing you concern. If a situation you face is less than satisfactory, bring the issues out in the open.

♒ Aquarius | Jan. 21-Feb. 18. An argument will not turn in your favor. Once you have aired your opinions, move on. Rehashing won't lead to a solution.

♓ Pisces | Feb. 19-March 20. Surround yourself with people who inspire and enlighten you. You will come up with an idea that will generate some extra cash.

♈ Aries | March 21-April 20. Don't get lured back into a former relationship. You are likely to end up in the same place. Family members will be touchy.

♉ Taurus | April 21-May 21. If there is tension on the job, you should stay away from office politics and share your issues with friends, not colleagues.

♊ Gemini | May 22-June 20. You will find yourself short of funds if you have not budgeted carefully. Don't get upset if someone in your life isn't perfect. Make allowances.

♋ Cancer | June 21-July 22. You may be feeling uncertain. Keep your mind on your tasks. Opposition is likely if you are difficult.

♌ Leo | July 23-Aug. 22. Allow for a little self-indulgence. Pamper yourself with a new outfit or a makeover. Do whatever makes you feel good or updates your look.

♍ Virgo | Aug. 23-Sept. 22. You may be tempted to help someone, but if you do, you will outspend your budget and fall short when it comes to your needs.

EUGENIA LAST

Sudoku: Easy and hard

			8			9	3	
2						6	4	
			4	2				
	8			4	2	5		1
3			6		8			4
1		4	7	5			8	
				7	3			
	1	5						8
	3	7			4			

9	4							3
8		5						
			9	5		4		
	3	2	7		4	5		
6	5			9			7	1
		9	6		5	2	3	
		1		2	6			
						9		2
4							1	5

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Sykes is out of touch

Re: '3 things to know before you get rich' (Metro, Oct. 14) I just read blogger Timothy Sykes' column and all I can think is how pompous, condescending and totally out of touch with reality this guy is. You're writing in Metro, a free paper, not your millionaire-maker class, so how many people reading this actually have to "worry" about $250,000 Lamborghinis or 7,000-square-foot mansions? I'm willing to bet less than 1 percent. I used to think letter writers were too hard on Sykes. Now I see the obvious truth: His teachings don't connect with the vast majority. I say get rid of him. It's not like he needs a job!

NICK MORELLI, VIA EMAIL

Uncertainty over Ebola

President Obama recently addressed the people of West Africa on Ebola. As I listened to parts of the audio of the broadcast message, the president seemed to state, among other things, that you can't get Ebola from sitting next to someone with it. Do we know enough about this disease for anyone to make such a claim?

SAL GIARRATANI, VIA EMAIL

*Editor's note: To learn more about Ebola, visit **www.metro.us/newyork/news/national/2014/08/04/infographic-need-know-ebola-virus/**.*

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

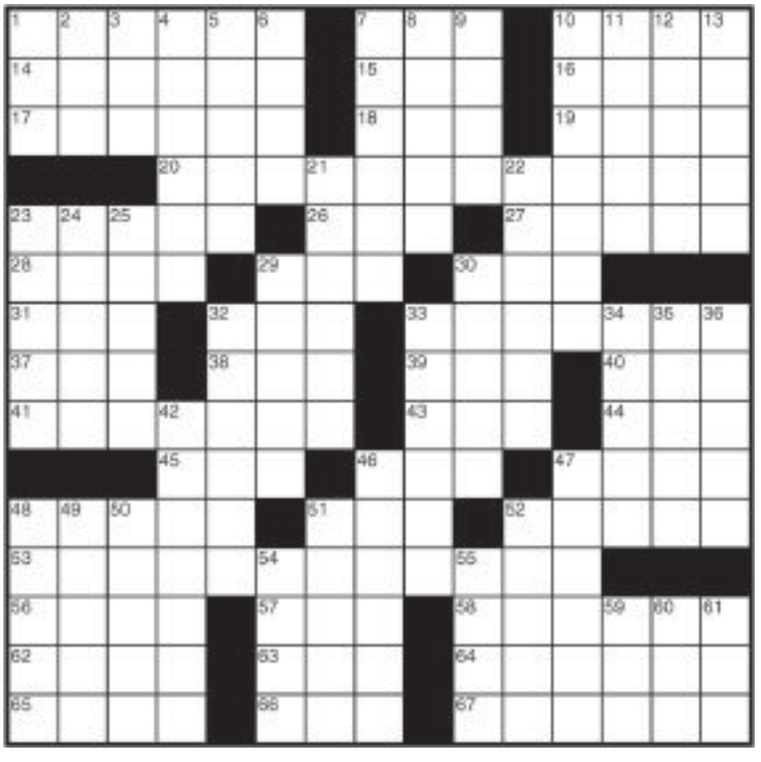
Across

1 Lab locale
7 Deadly snake
10 Very willing
14 Oatmeal alternative
15 Meadow plaint
16 Exasperate
17 Nook
18 Architect's wing
19 Memo abbr.
20 Thus! (3 wds.)
23 The One-L Lama
26 Cached or stashed
27 Looks intently
28 Psyche's suitor
29 Between GER and SPA
30 "Aye, aye" follower
31 Tarzan's kid
32 — -Magnon man
33 Fragrant firs
37 Thurman of "Gattaca"
38 Wield an axe
39 Incan treasure
40 Memo acronym
41 Shipwreck, maybe
43 Tease
44 Rustic lodging
45 — Holm of "Alien"
46 Cable channel
47 Talk big
48 Stomp or clump
51 Ally opposite
52 Ms. Witherspoon
53 August happening (2 wds.)
56 Aboard ship
57 Hot time in Quebec
58 Tinsel strand
62 Cuff link
63 Choice word
64 Racehorses, slangily
65 Extreme PR
66 Unseal, poetically
67 Mesh, as gears

Down

1 Fast-food rest.
2 Listener's need
3 DC lobby
4 Shogun's warriors
5 Indifference
6 Places
7 Feminist — Bloomer
8 Sound
9 11th President
10 Kitchen gadgets
11 Not stiff
12 Vows locale
13 Bumper mishaps
21 Tossed
22 Final words
23 Remove wiretaps
24 Bakery lure
25 Trustworthy
29 Fridge coolant
30 Clear wrap
32 El —
33 It's north of Java
34 Like a house --
35 Mouthy starlings
36 Scorch
42 Green drink
46 Stick together
47 Danish explorer Vitus —
48 Box-office hit
49 Easily irritated
50 Polished off (2 wds.)
51 35 mm setting (hyph.)
52 Spy mission
54 Vegas rival
55 Towel off
59 KGB counterpart
60 Trouser half
61 Compass pt.

Yesterday's answer



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Boychuk keying Isles' power play turnaround

NHL. The Islanders have gotten off to a hot start behind an improved power play and a key offseason addition.

Veteran defenseman Johnny Boychuk joined the Isles in a trade from Boston. / GETTY IMAGES

Leave it to a veteran to put things into the proper perspective.

While Tuesday night's Rangers-Islanders game was the first installment of "the Rivalry" this season, newcomer Johnny Boychuk and the Islanders were more interested in using it as a measuring stick after a hot start to a season with increased expectations.

"It's a big test for us to gauge ourselves and where we're at," Boychuk told reporters Tuesday at Nassau Coliseum following the morning skate. "We're a good team and they're coming off being in the Stanley Cup Final."

By the numbers

2

Three games into the season, Johnny Boychuk has scored two goals this season on first-period power plays.

The Islanders opened with a home-and-home against the Hurricanes, not expected to be among the league's best, and won both.

One area in which the Islanders excelled against the Canes was the power play. The Islanders scored on four of their seven power plays Friday, which Islanders head coach Jack Capuano attributed to a simple philosophy.

"[The] power play has been real good for us because we're shooting pucks," Capuano said. "We're finding the two-on-ones and we're not trying to be too fancy. [Boychuk] has been a big plus on that first unit, shooting pucks."

Still, for a franchise whose name had essentially become a punchline for the better part of two decades, the early results are reasons to create positive feelings.

And their urban rivals have taken notice.

"Anybody who's taken a look at their team this year, and taken a look at their first two games, they've obviously improved their lineup," Rangers head coach Alain Vigneault said after his team's morning skate at the Garden. "They've improved their defense, which improves their offense. They've got a lot of skill upfront, and a real energy line. They're probably one of the more improved teams in the league."

DENIS GORMAN
@DenisGorman
sports@metro.us

NFL power rankings | by Matt Burke

No. 1

Broncos (4-1)

The Broncos are obviously playing a first-place schedule, but things are getting ridiculous. They've already played the Colts, Seahawks and Cardinals and in the next three weeks they'll play the 49ers, Chargers and Patriots. They struggled a bit against the Jets this past weekend, but a road win is a road win.

No. 2

Chargers (5-1)

Like Denver, the Chargers struggled with an inferior opponent, allowing a season-high 28 points to the lowly Raiders.

No. 3

Eagles (5-1)

If the Eagles defense looks anything like it did in Sunday's 27-0 win over the Giants, Philly fans can clear their January schedules.

No. 4

Cardinals (4-1)

Carson Palmer threw a pair of touchdown passes with no interceptions in his return to the starting lineup.

No. 5

Cowboys (4-1)

Much is being made about the amount of carries DeMarco Murray is getting. If you have a horse like Murray, ride him.

No. 6

Seahawks (3-2)

The Dallas defense is making a turnaround, but the Seahawks' offense is surely better than just 206 net yards in one game.

No. 7

Ravens (4-2)

Joe Flacco deserves credit for the type of year he's having. His touchdown to interception ratio this season is 12:3.

No. 8

Packers (4-2)

Aaron Rodgers went into Miami and pulled off the Dan Marino fake spike. No one was offended.

No. 9

49ers (4-2)

The 49ers and Colin Kaepernick avoided one of the biggest upsets of all time on Monday Night Football.

No. 10

Patriots (4-2)

The Patriots lost both their leading tackler and leading rusher in Sunday's win against the Bills.

No. 11

Colts (4-2)

Only the Chargers and Cowboys have won more games in a row than the Colts, who have rebounded after their 0-2 start.

No. 12

Panthers (3-2-1)

The Bengals should have been fired up, but the Panthers held firm on the road and were pleased to leave with a tie.

Visit **Metro.us** to see where the Jets and Giants rank.

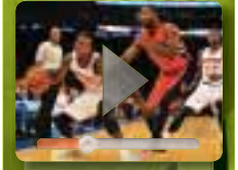
3 SPORTS

Keep it short

Nets to play in shorter game

The NBA announced they will be experimenting with a 44-minute game, and the Nets and Celtics get to be the guinea pigs. The two play a preseason game at the Barclays Center on Thursday. Each quarter will have a minute shaved off to reach the 44-minute total. The league said the idea was proposed at recent coaches meetings and is still just in preliminary testing for now.

Watch online



Find video and recap of Tuesday night's Knicks-Sixers preseason game at: **Metro.us/sports.**

Appreciation day

Ryan praises Revis as best corner in NFL

Head coach Rex Ryan made it clear he wants to move on from the offseason's Darrelle Revis intrigue, but that doesn't mean he no longer has a soft spot for the former Jets cornerback.

"I'm not going to go there," Ryan said when asked if he wanted the Jets to re-sign Revis as a free agent this offseason. "Let's just focus on the team right in front of us and recognize, hey, the guy's an excellent player, he plays on somebody else's team and that's just the way it is."

Revis was an All-Pro three times under Ryan. He was traded after suffering a knee injury two years ago. Ryan said it "made him a little sick to his stomach" to see him sign with the Pats. But he still praised his skill.

"If I say something, I'm going to get ripped — that Richard Sherman guy is going to attack me or something," Ryan joked. "I haven't seen everybody, but of the guys I've seen, I'd say [he's the best]." METRO

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Bart Scott: Geno Smith needs to 'get it right'

Bart Scott was never a shrinking violet during his tenure with the Jets. / GETTY IMAGES

NFL. The outspoken former Jet said Smith is showing his "immaturity" during the team's losing streak.

Former Jets linebacker Bart Scott believes quarterback Geno Smith is going down a dangerous road he will likely never win.

Scott, a star with the Jets for four seasons and currently an analyst for "The NFL Today" on CBS, is concerned with the current controversy enveloping Smith.

Smith blamed the media on Monday in part for the topsy-turvy year, saying comments have been "misprinted and then misunderstood."

Smith has unraveled in recent weeks. He cursed out a fan as he exited the field following a loss to the Lions in Week 4, bristled in an exchange with the media a few days later and then missed a team meeting in San Diego last weekend. Now he's blaming the media.

"It's both immaturity and frustration," Scott told Metro New York on Tuesday. "As a quarterback, if they were winning, no matter how they are playing, then he would get all the credit. He has to understand how to roll with the punches. He needs a mentor, someone to tell him that he can't say that. I mean, ROC Nation, he needs to talk to his agent and realize that he's damaging his brand. What young guys need to understand is that there are so many of these starting jobs. ... Most of these spots are locked in, so you have to grab hold of any of these opportunities and take what comes to you."

Smith is one of only three starters in the NFL with more interceptions than touchdowns this season, and he ranks last in QB rating.

Quoted

"If Geno doesn't get it right, you can find yourself being a career backup for the rest of your life. Just ask Mark Sanchez."

Bart Scott, former Jets linebacker, on Geno Smith needing to sort out his issues

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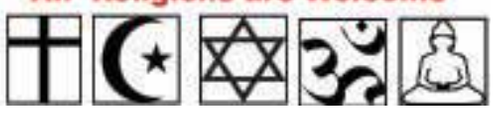

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